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10. The dietary supplement of claim 9, wherein the orally ingestible dosage form is selected from the group consisting of a capsule, tablet, caplet, softgel, sustained release tablet, enterically coated tablet, liquid, gel, powder, and any combination thereof.

11. A method of improving retinal health comprising the steps of:

providing an effective amount of the dietary supplement of claim 1 divided into one or more dosage units; and administering the dietary supplement to an individual in need thereof.

12. A method of treating vision impairment comprising the steps of:

providing an effective amount of the dietary supplement of claim 1 divided into one or more dosage units; and administering the dietary supplement to an individual in need thereof.

13. A method of treating macular degeneration comprising the steps of:

providing an effective amount of the dietary supplement of claim 1 divided into one or more dosage units; and administering the dietary supplement to an individual in need thereof.

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14. A dietary supplement composition for the improvement of retinal health comprising, on a daily dosage basis:

about 5000 IU of vitamin A;
about 400 IU vitamin E;
about 526 mg of vitamin C;
about 80 mg of zinc;
about 2 mg of copper;
about 70 µg of selenium;
about 15 mg of lutein;
about 1 mg of zeaxanthin;
about 60 mg of bilberry extract;
about 120 mg of eyebright;
about 70 mg of spinach;
about 40 mg of alfalfa;
about 20 µg ALA;
about 18 mg of citrus bioflavonoid complex;
about 80 mg of cellulose fiber;
about 20 mg of magnesium; and
about 20 mg of silica.

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